# Central New Mexico Community College Food Science and Culinary Arts Program: Healthy Meals, Fit for Life

Situation







Inputs Activities Outputs



### **Outcomes**

## Knowledge

#### **Actions**

#### Conditions

#### CHALLENGE:

- •Improve the health and wellness of area residents through improved culinary curriculum with a food science and nutrition
- Encourage student volunteerism through service learning opportunities

focus.

#### WHAT WF **INVEST:**

- Faculty Staff
- Students
- Industry partners
- Community partners
  - •Time
- Knowledge
- Infrastructure
- •Federal, state and private funds

#### WHAT WE DO:

- Develop new nutrition/wellness based curriculum
- •Develop credit and noncredit classes
- Partner with community organizations to train staff
- Promote volunteerism
- through service learning Conduct needs analysis for new certificate

#### WHO WE REACH:

- Community agencies
  - Faculty
  - Students
  - Public
- Faculty at secondary and four year institutions

#### PRODUCTS, **SERVICES AND EVENTS THAT ARE** INTENDED TO LEAD TO THE PROGRAM'S **OUTCOMES:**

- New curriculum
- New culinary nutrition certificate
- Educated agency partners
- Information, skills and technology for individuals,
- communities and programs to apply Increased number
- of graduates entering workforce

OCCUR WHEN THERE IS A **CHANGE IN KNOWLEDGE** OR THE **PARTICIPANTS ACTUALLY** LEARN:

- New courses and certificate designed with new curriculum both credit and non-credit
- Use new technology in new courses

OCCUR WHEN THERE IS A **CHANGE IN BEHAVIOR** •YDI.

Albuquerque Public Schools. Meals on Wheels, Road **Runner Food** 

Bank incorporate healthy food services for clients on a daily basis.

Students

enroll in new courses and certificate program,

transfer to partner schools for continued education and/or enter the workforce qualified in the area of food

science, food

service, and

nutrition.

OCCUR WHEN A SOCIAL CONDITION IS IMPROVED DUE

TO PARTICIPANT **ACTION TAKEN IN** 

- PREVIOUS COLUMN: Obesity rates and related health issues
- will decline. •Public has access to
- healthy food services and nutrition promoting
- community health and wellness.
- Volunteerism
- continues post graduation.
- Public provided with qualified food service providers
- educated in food science and nutritional meal and
- food preparation leading to a cycle of generational and
- continuing improvement in community health and wellness.

# Assumptions

Educating more people including culinary arts students and food service providers in schools, health facilities and community agencies in nutritious food preparation and cooking methods will reduce obesity and healthrelated issues increasing public and community health, wellness and generational well being.

# External factor

Transfer of knowledge and impact to the public is dependent on agencies use of information at their site. CNM and partner agencies offer public nutritional expertise and healthy, appetizing meal choices leading to public awareness and changes in life style. Public has to want to eat nutritiously for food service providers and restaurants to create healthy meals sustaining public health.